



Manifesto and Invitation to Deep Health

Who we are

We represent an organisation called [Le Vivant](#) which has been working for three decades on projects that help create human and planetary health. These have included developing a laboratory producing evidence-based, 100% natural formulations from pure, medicinal plants and establishing a network of integrative medicine centres in Europe and Australia.

Now we want to take this work further in response to a crisis point in human evolution.

Today there is pollution of our air, soil, water and even our homes. There are escalating levels of stress, anxiety and depression across the world. And we are now facing an unprecedented epidemic of chronic disease, debilitation and distress.

The planet is sick and so are we.

In this defining moment for humanity, we need to change the lens through which we view ourselves on this planet. We are indivisible from nature and nature is indivisible from us. How we act on that fundamental truth now, will determine our future.

Consciousness at the core

The theory of the dominance of matter has passed its 'sell by date'. This was signalled more than a century ago - when physicist Max Planck accepted the Nobel Prize in 1918 for his study of the atom, and declared "there is no matter as such". In the twenty-first century, we are called to understand the world of energy.

Our work as doctors, therapists, clinicians, researchers, botanists, ecologists, farmers, and entrepreneurs, has led us to challenge the prevailing materialistic world view. This is completely consistent with the emergent quantum sciences.

As David Bohm explained, "what we call empty space contains an immense background of energy, and that matter, as we know it, is a small, "quantized" wavelike excitation on top of this background, rather like a tiny ripple on a vast sea."¹ This 'sea' is a sea of consciousness, an invisible 'field' which we all have the capacity to connect to and draw from.

We have witnessed the power of consciousness and its primary role in health and healing. We do not subscribe to limiting, reductionist approaches that view humans and nature as machines that need 'fixing'. We see humans as vital, spiritual beings, inextricably connected to nature and to each other, bursting with imaginative and creative potential.

When we see the world and its people in this way, we are working with the fullest potential to bring about health and healing at all levels of the human experience.

Through interviews with some prominent people working in the fields of human and planetary health, in Europe, North America and Australasia, we have discovered they are also thinking this way.

References to consciousness were at the core of their responses – reminding us that we are ‘spiritual beings having a human experience’². That we are currently constrained by ‘separatist thinking’ and need a ‘seismic shift in consciousness’ to escape the gravitational pull of the materialistic world view. How can we rediscover ‘connection amid the fragmentation’ we have created? How do we overcome the ‘orchestrated assault that the materialistic world is making on humanity’ and move to a ‘new ecology of health’?

The change we want to be and see

People working across the globe in these fields are all thinking the same way. *That we need to transform our understanding of, and approach to, human and planetary health* and put consciousness at the core.

We need a more holistic frame, that rejects narrow, siloed views of the two spheres (planet and people) in favour of one that creates a fresh, transdisciplinary approach, built on collaboration and integration. If the two spheres are naturally indivisible, then our approach needs to be too.

The people we interviewed acknowledged that ‘humans are going through a significant transition’ – chaotic, disordered, threatening. In this phase, we are also using and ‘exploiting the earth while having an ultra- anthropocentric view of the damage we are causing’.

But they also acknowledged hopefulness around ‘collaborating’, ‘healing’, ‘creating’, ‘energising’ and ‘re-awakening consciousness’.

We need a unifying and hopeful concept that brings the parts together and embraces an integrated view of human and planetary health. Instead of division and separateness, it stands for wholeness, collaboration and the power of human creativity.

This concept is Deep Health.

What Deep Health Means

We experience Deep Health when we are living fully on all levels – physical, emotional and spiritual - and in a symbiotic relationship with our planet.

Achieving this, means applying some principles to our lives and the way we practice our work, especially if this work is in the field of human and planetary health – the Deep Health ‘Zone’.

Deep Health Principles

- **Accepting the post-materialistic world view that consciousness is primary and all matter is vibrating energy** When we recognise this energetic perspective and the primary role of consciousness, we are able to address all the dimensions of human health, and the relationship of human health to planetary health.
- **We are nature and uniquely able to reflect and act on nature's creation.** We have been gifted the ability to consciously consider and act on our role within nature, looking both inwards and outwards and acting in accordance with what is right.
- **We accept our responsibility for guardianship and protection of the earth – 'kaitiakitanga'** . Indigenous peoples have lived this principle for millennia- knowing they are part of nature and that their unique role within it brings special responsibilities.
- **We embrace all realms of human existence – including the spiritual.** The fullness of our being includes the spiritual, the part of us that is connected to something bigger. Ignoring this in health, means being locked in a constant cycle of trying to fix our physical 'machinery' which represents only one dimension of being human.
- **We are inclusive of different ways of knowing and practice that contribute to our wholeness.** Being open to the diversity of knowledge and practice in human and planetary health will enrich our learning and ultimately guide and accelerate our transition to Deep Health.

We believe we can transform our practices by applying the Principles of Deep Health.

Practicing Deep Health

Many people are already embarked on their own 'heroic journeys' to bring about a transformation in human and planetary health.

When we interviewed people working in these fields, they immediately connected to the term Deep Health. It was like a jewel they realised they were already carrying with them.

It spoke to them of an 'inner and outer ecology' and a complete reframing of what we understand creates health. Deep Health represented 'the total harmony of the human being' and included the 'different levels of our functioning' (physical, emotional, spiritual) and our complete interconnectedness with nature. It also stood for inter-generational exchange and the illumination of indigenous knowledge and wisdom. At a spiritual level, it felt like returning to a forgotten source and reconnecting what has been separated. And at a physical and practical level, it signalled an urgent need to transform our current systems and practices.

Deep Health is consistent with a post-materialistic view of humanity and its ability to live fully in a thriving and providing nature.

We want to cultivate the practice of the Deep Health Principles, through a collaborative learning, sharing and coalescing of people working in human and planetary health. Generative dialogue, as an example, allows us to be fully present to what is emerging. Our

intention is to make Deep Health practices visible and flourishing, as we evolve a fresh transdisciplinary paradigm.

The Invitation

We invite you to consider the term Deep Health and the Principles and reflect on how they relate to your work in human and planetary health. If this resonates, contribute to our global community and help us to further co-evolve this concept and the transdisciplinary approach that will integrate humanity and nature.

We will be holding virtual in-person and online gatherings that offer a richer experience of the principles and practice. These gatherings will open a space for Deep Health conversations and collaborations across generations, cultures and disciplines.

Be part of the evolution of Deep Health and start by joining our community at deephealthhub.org.

1 Bohm, David, Wholeness and the Implicate Order, Routledge 1980

2 de Chardin, Pierre Teilhard